

## Triathlon/Open Water Swim Tips

- At the start of the swim, you will most likely be in a huge mob of people. Try your best to avoid the center of that group. If you're a really fast swimmer, head towards the front. Otherwise stick to the outside of the group with a clear straight line towards the first buoy. Be aware that you will most likely either run into someone or be run into at some point during your swim.
- Swim with the arms more than the legs... you will be using the legs for both the bike and the run, so you want to save those muscles.
- Drafting off other swimmers makes your swim a whole lot easier. The best way to do this is if you see someone who is swimming about the same pace or faster than you, follow them for a while and use their current. Try hard not to tap their feet, as this will disrupt their swim.
- Get good at those breathe and sight drills. When swimming open water, it's a good practice to do about 10 – 15 strokes, then do a sight breath to keep you on course. Try looking at the shore ahead and pick a goal. Maybe there is a red house on shore straight ahead; aim for it, and when you do your sight breath, just look for that red house – this will speed up your sight breaths. Don't use the buoy as a sight goal, as sometimes the wave and/or people can block where the buoy is in the water and when you do a quick breath sight, you might not see it.
- Be comfortable breathing on both sides of your body. If you're ever in an open water swim/tri race that parallels the shore, you might not be able to breath to a certain side of your body due to waves/sun, etc.
- Clear goggles may make it easier to see underwater, but think about where the sun will be during your swim race... it might be a good idea to get a certain shade of goggles so you're not blinded by the sun.
- If you're planning on wearing a wetsuit, make sure you have it properly fitted, and you've tried an actual workout with it on in the water. They do tend to make you float a little more. Also, be sure you know how to take it off when your body is all wet.
- Try to train in as much open water as you can... this will be the one of the best preparations!
- Relax and have fun! 😊